

# Quick Start Guide to the EMG-EZ™ sEMG Biofeedback System



This illustrated tech-note will aid in the first time use of the EMG-EZ single channel sEMG Biofeedback System. It is not a substitute for the full user manual, which should be read and thoroughly understood.

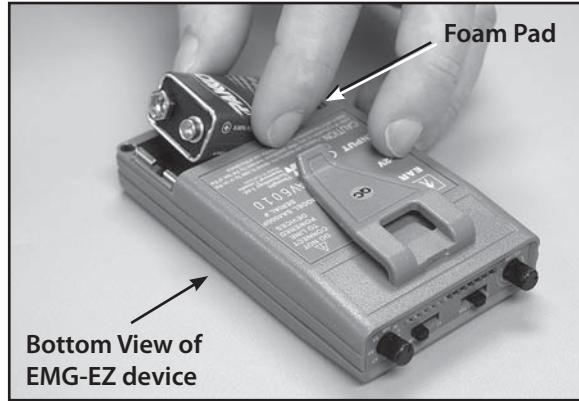
## Inserting and Removing the Batteries

### Inserting the battery

1. Line-up the battery's positive and negative terminals with the + and - connectors of the compartment.
2. Place the battery's bottom against the foam pad.
3. Snap the top of the battery in by pushing it against the metal connectors.

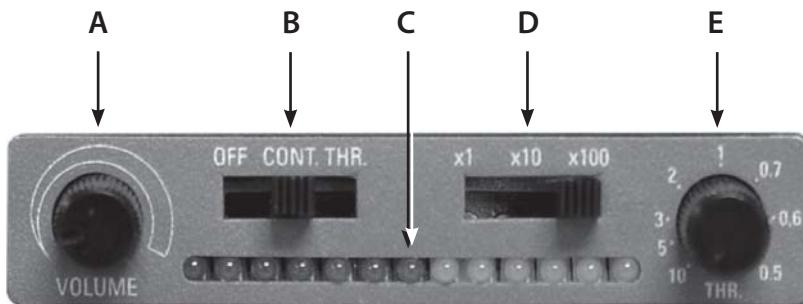
### Removing the battery

Remove the battery by lifting its top out first.



**NOTE:** Inserting the battery top first or removing it bottom first can damage the foam pad and cause intermittent battery contact.

## Understanding the Control Panel



### A. VOLUME

- Plug earphones into connector labeled EAR and adjust the sound to a comfortable level.
- Turn clockwise to maximum if not using the earphones.

### B. OFF/CONT/THR

- **CONT** = Continuous feedback. This gives the client proportional audio feedback *across the full range of the scale*.
- **THR** gives proportional feedback *from the threshold indicator level and higher*.

### C. THRESHOLD INDICATOR

### D. GAIN

- **X10** gives a threshold indicator value of ten times the value set on the threshold dial.
- **X100** gives a threshold indicator value of one hundred times the value set on the threshold dial.

### E. THRESHOLD DIAL

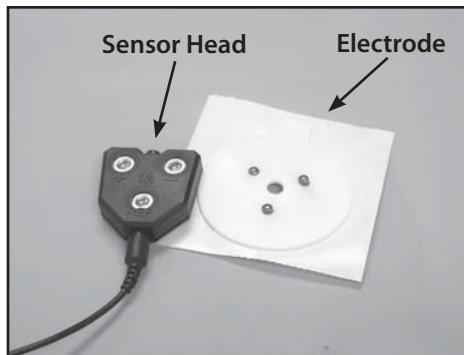
- Begin the threshold at 2. This gives a threshold indicator value of 20  $\mu$ V.
- If 2 is not enough range then increase to 3,5, or 10.
- If 2 is too small, reduce it using the **THR** dial.

## **! CAUTION**

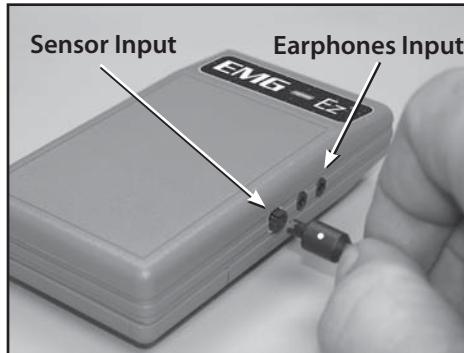
- Read user manual for complete information and cautions.
- Do not connect inputs or outputs of the encoder or sensors to line powered devices, except through the fiber optic cable.
- **To prevent voiding warranty by breaking connector pins,** carefully align white guiding dot on sensor plug with slot on sensor input.
- **To avoid corrosion,** remove single electrodes from sensor snaps immediately after use.
- Use Chattanooga Group's Dura-Stick® EMG electrodes only.
- Apply conductive gel only to electrodes. Never put gel directly to sensor snaps.
- Do not plug third party sensors directly into instrument inputs. Plug only EMG-EZ sensor cable connectors into instrument inputs. All EMG electrodes and third party sensors must be connected to EMG-EZ sensors, either directly or through an adapter.
- Remove batteries when the device is not being used for an extended period of time.
- Sensors damaged by static electricity are not covered under warranty. In dry climates, apply anti-static spray on carpets each week and use a conductive floor mat (available from computer stores). A humidifier may also be used to prevent static environments by conditioning hot, dry air.

## Getting Started Using EMG-EZ™ sEMG Biofeedback System

1. Connect the electrodes to the sensor head and remove the backing paper.



2. Place electrodes firmly onto the client, and plug into the sensor input.



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